

Step By Step Guide To Become Strategically Problem Solver, Decision Maker and Questions To Ask While Rolling in Brazilian JiuJitsu

Step 1: Adopt the Right Attitude

- **Believe problems are solvable.** Even if the solution isn't clear now, trust that it can be found.
- **Stay calm.** Reacting emotionally shuts down clear thinking. Take a breath before engaging with the issue.
- **Be curious.** View problems as puzzles to learn from, not threats to fear.
- **Objective:** Think like a tactician and problem-solver, not just a physical competitor.
- **Listen to your coach.** It is so trivial and obvious that it become undervalued. Every time I visit my home academy, I try to do my coach's techniques and use them in sparring. If my coach is doing them, it means they work, right.
- **Always improve what you know.** Despite being black belt, I always try to get rid of the belief that I know something perfectly. I was in a seminar with Braulio Estima. He was showing rear naked choke. Every one of us has done it like a million times. What new can you possibly learn about this simple technique, right? My mind was blown. He showed so many little details about how to prepare attack, grab the choke, finish using shoulder, etc.
- **Be mindful during training.** Although I got to know just recently it is called that way, I sort of used it before. I am not the smartest regarding mindfulness, but the general concept is to be self-aware of your body and surroundings, and to focus on the present moment.
-  Embrace mistakes as feedback.
-  Detach ego from performance.
-  Seek understanding, not just repetition.
-  View rolling as live problem-solving.
- Journal after training.
- Roll with people better than you to expose weak spots.
- Praise the process, not the outcome.

Core Ideas:

1. **Growth > Ego**

Accept losing positions and submissions as tuition. You're paying to learn.

2. **Be Curious, Not Defensive**

Instead of "I can't stop getting passed," ask, "Why does this pass keep working on me?"

3. **Process > Performance**

Don't chase taps or win rounds. Chase insights and breakthroughs.

Tools & Drills:

- **Ego Drop Roll Drill:** Choose one partner who always beats you. Enter the roll with the goal: *"Let me see how long I can delay the tap using structure and breathing."*
- **Intention Setting Ritual:** Before every class, take 30 seconds to name 1 learning objective.
- **Failure Tracking Journal:** Write down every major mistake after training and the possible root cause.

Socratic Questions for Mindset:

- "What is this roll trying to teach me?"
- "What emotion clouded my decision?"
- "Am I judging success by taps or by learning?"

Ask Yourself:

- "What did I try that didn't work, and why?"
- "Am I reacting emotionally or thinking clearly?"
- "Did I impose my strategy or just survive?"

Step 2: Define the Problem Clearly

Purpose:

Understand and articulate the core issue to ensure efforts are properly focused.

Actions:

1. **Identify the problem** – Write a clear, concise problem statement.
 - Avoid ambiguity.
 - Include who, what, where, when, and how it affects stakeholders.
2. **Differentiate between symptoms and root causes.**
 - Symptom: “Customer satisfaction is low.”
 - Root Cause: “Product support wait times are too long.”
3. **What to Do:**

Use the **5 Whys Technique**:

1. Why did the problem happen?
2. Why did *that* happen?
3. Why again?...until you get to the **real cause**.
4. **Use structured techniques:**
 - **5 Whys Analysis:** Ask “why?” repeatedly to dig down to the root cause.
 - **Fishbone Diagram (Ishikawa):** Categorize potential causes (people, processes, technology, etc.)
 - **Problem Framing:** Frame as an opportunity for improvement.
 - **Any other Analytical Tools**

Tips:

- Don't jump to solutions before the problem is fully understood.
- Engage relevant stakeholders in defining the problem for clarity and buy-in.

Step 3: Collect Data

Comprehensive Guide to Gathering Qualitative and Quantitative Data

Understanding Data Types

1. Books

2. Videos

3. Instructional

4. Quantitative Data

◆ Definition:

Quantitative data refers to **numerical** information that can be measured, compared, and subjected to statistical analysis.

◆ Characteristics:

- Objective
- Can be categorized into discrete (counts) or continuous (measurements)
- Structured collection methods
- Enables generalization and pattern detection

◆ Examples:

- Temperature records
- Population size
- Test scores
- Number of sales transactions
- Time taken to complete a task

Qualitative Data

◆ Definition

Qualitative data is **non-numerical** and captures **experiences, behaviors, motivations, and meanings**.

◆ Characteristics:

- Subjective and descriptive
- Collected through open-ended methods
- Explores “**why**” and “**how**”
- Requires interpretation and thematic analysis

◆ Examples:

- Interview transcripts
- Observational notes
- Open-ended survey responses
- Video recordings of user behavior
- Social media comments

II. 📊 Data Collection Methods by Type.

Quantitative Data Collection Methods

Method	Description	Tools	Example	Best For
Surveys & Questionnaires	Standardized tools with close-ended questions	Google Forms, Qualtrics, SurveyMonkey	Customer satisfaction (1-5 scale)	Large populations, statistical analysis
Structured Observations	Measuring behaviour in predefined categories	Observation sheets, time logs	Counting how many people visit a store	Behaviour frequency, compliance
Experiments	Controlled environments to test variables	A/B testing tools, labs	Comparing click-through rate of two ads	Causal relationships
Secondary Data	Reuse of existing numerical data	Government databases, UN, World Bank	Using census data for demographics	Large-scale, historical analysis
Tracking/Log Data	Automatically generated user data	Website analytics (GA4), app logs	Number of visits, time on site	Digital behavior patterns

Method	Description	Tools	Example	Best For
Sensor/IoT Data	Captures environmental or biological inputs	GPS, wearable devices	Heart rate, steps, location	Real-time, passive collection

B. Qualitative Data Collection Methods

Method	Description	Tools	Example	Best For
In-depth Interviews	One-on-one conversations to explore insights	Audio/video recorders, Notion	Asking teachers about classroom challenges	Personal perspectives
Focus Groups	Group discussions on a topic, guided by a moderator	Zoom, Miro, Otter.ai	Discussing reactions to a new product	Consensus, diversity of views
Open-ended Surveys	Surveys that invite elaboration	Type form, MS Forms	"What do you think we can improve?"	Quick qualitative input at scale
Ethnographic Observation	Long-term immersion in	Field notebooks,	Studying rural	Cultural/social context

Method	Description	Tools	Example	Best For
	natural settings	GoPro, Evernote	education systems	
Content/Document Analysis	Analyzing texts or media for themes	Nvivo, Atlas.ti	Analyzing newspaper editorials	Discourse, media, narrative patterns
Diary Studies	Participants document their experiences over time	Custom journals, digital logs	Users recording app usage experiences	Longitudinal insight

III. 🧭 Choosing the Right Method

🔑 Consider the following:

Factor	Implication
Research Goals	Do you want to explore or measure something?
Resources	Time, budget, and team expertise
Population Size	Larger samples suit quantitative, small focused groups for qualitative
Depth vs Breadth	Qualitative for depth, quantitative for breadth
Time Constraints	Surveys are fast; ethnography takes time

IV. Using Mixed Methods (Triangulation)

Combining **quantitative and qualitative** methods in a study can offer a fuller picture.

Example:

Study Objective: Understand employee engagement

Data Type	Method	What it Captures
Quantitative	Online survey (1-10 scale)	Measures general satisfaction
Qualitative	Focus group	Understands why engagement is high/low
Quantitative	Productivity data	Measures correlation with satisfaction

Benefits:

- Confirms findings through multiple sources
- Compensates for weaknesses of one method
- Produces robust, trustworthy conclusions

V. 🏠 Step-by-Step Guide to Data Collection

📌 1. Define Your Objectives

- What is the **main research question**?
- What kind of data (behavioral, attitudinal, demographic) is needed?

Example: “How does onboarding affect new employee performance?”

📊 2. Choose the Appropriate Data Type & Method

If you want to...	Use this
Measure user satisfaction	Quantitative survey
Understand emotional response	In-depth interview
Test a feature	A/B experiment
Explore perceptions	Focus group
Observe behavior	Structured observation

🔧 3. Design Instruments

- For surveys: use **clear, unbiased questions**
- For interviews: create an **interview guide**
- For experiments: define **control and test conditions**
- For observation: develop a **codebook or checklist**

4. Pilot Testing

- Conduct small-scale tests to refine tools
- Check for misunderstandings or technical glitches

5. Collect the Data

- Use trained data collectors (especially for interviews/observation)
- Maintain **ethical standards**: informed consent, privacy protection

6. Clean and Validate the Data

- For quantitative: check for duplicates, missing values, inconsistencies
- For qualitative: transcribe accurately, anonymize participants

Step 4- Use Rules of Reading Method To Read and Analyse Data. Use Rules of Reading Volume 4-29.

Step 5: Analyse the Situation

Purpose:

Gather insights into the problem's context to better understand the environment and variables at play.

Actions:

1. **Map key stakeholders** – Who is affected? Who has power or influence?
2. **Perform situational analysis:**
 - **SWOT Analysis:** Strengths, Weaknesses, Opportunities, Threats
 - **PESTLE Analysis:** Political, Economic, Social, Technological, Legal, Environmental factors
 - **Porter's 5 Forces** (for business strategy): Assess competitive pressure.
3. **Understand constraints:**
 - Time, budget, regulations, organizational culture, resources.

Step 6: Review Logic, Critical Thinking and Mental Models that Fits The Situation

- **Read and Review Logic, Critical Thinking and Mental Models, and ask Questions:**
 - I. **Who?**
 - II. **What**
 - III. **When?**
 - IV. **Where?**
 - V. **Why?**
 - VI. **How?**
- **Pick the most Appropriate Mental Model For the Situation and ask questions:**
 - I. **Who?**
 - II. **What**
 - III. **When?**
 - IV. **Where?**
 - V. **Why?**
 - VI. **How?**
- **Understand Mental Models:** Begin by familiarizing yourself with various mental models that offer frameworks for understanding and analyzing complex situations. Some common mental models include Occam's Razor, Pareto Principle, Second-Order Thinking, and Inversion.
- **Identify Relevant Mental Models:** Assess the situation or problem you're facing and determine which mental models might be most applicable. Consider factors such as the nature of the problem, the stakeholders involved, and the desired outcomes.
- **Analyze the Situation:** Break down the situation into its component parts and gather relevant information. Consider the various factors at play, including economic, political, social, and environmental aspects.

- **Apply Mental Models:** Choose one or more mental models that seem relevant to the situation and apply them to gain insights. For example, if you're analyzing a decision, you might use Second-Order Thinking to consider the potential consequences beyond the immediate effects.

Step 7: Generate Possible Solutions

Brainstorming Techniques

Brainstorming is a powerful way to generate diverse ideas. To be effective, it requires structure and an open environment.

What to Do:

- Don't try to find the *perfect* solution right away.
- Write down **all** ideas, even bad or silly ones.
- Quantity > quality at first.
- Then Quality

Techniques:

- **Classic Brainstorming:** Gather a group, set a timer, and write down as many ideas as possible.
- **SCAMPER Method:** Substitute, Combine, Adapt, Modify, Put to another use, Eliminate, and Rearrange to innovate.
- **Reverse Brainstorming:** Instead of solving the problem, think about how to cause it. This can spark ideas for addressing the actual issue.

Tips:

- Avoid criticism during brainstorming.
- Encourage wild ideas.
- Build on others' suggestions.

Advanced Brainstorming Strategies:

- **Silent Brainstorming:** Participants write their ideas individually before sharing. This prevents groupthink.
- **Affinity Grouping:** Cluster similar ideas to identify overarching themes.

Case Study:

In a software development team, reverse brainstorming led to uncovering security loopholes by deliberately thinking of ways to hack their system, which in turn strengthened their code.

1. Listen and Reading Of each Problem-Solving Techniques

2. **Understand Problem solving Technique:** Begin by familiarizing yourself with various Problem-solving Technique that offer frameworks for understanding and analyzing complex situations. Problem solving Technique are frameworks or representations of how something works or how to approach a problem. Familiarize yourself with the Problem-solving Technique you want to use.

a. Ask questions about choosing the Problem solving Technique.

- What is the fundamental concept or principle behind this Problem-solving Technique?
- How does this Problem-solving Technique explain or interpret the world around us?
- What are the key assumptions or premises underlying this Problem-solving Technique?

- b. **Consider Available Problem solving Technique:** Familiarize yourself with different Problem solving Technique that could be relevant to the problem or situation at hand. There are numerous Problem solving Technique covering various aspects of decision-making, problem-solving, and understanding complex systems. Some common examples include Occam's Razor, the Pareto Principle, Second-Order Thinking, and the Map is Not the Territory.

- c. **Analyze from Multiple Perspectives:** Instead of relying on a single Problem solving Technique, analyze situations from multiple perspectives by applying different Problem solving Technique. This helps you gain a more comprehensive understanding and uncover insights that might not be apparent from a single viewpoint.

d. **Potential Limitations:**

- What are the limitations or weaknesses of this Problem solving Technique?
- Are there any biases or blind spots inherent in this Problem solving Technique?
- How might this Problem solving Technique fail to account for certain factors or variables in the real world?

e. **Integration with Other Problem Solving Techniques:**

- How does this Problem solving Technique complement or interact with other models or frameworks?
- Are there opportunities to integrate insights from multiple Problem solving Technique to gain a more comprehensive understanding?
- Can this Problem solving Technique be synthesized with other perspectives to enhance its explanatory power?

f. **Synthesize Insights:** Look for patterns, connections, and relationships between different Problem solving Technique. Synthesize insights from various models to develop a more nuanced understanding of the problem or situation at hand.

Step 8: Prioritizing Solution

Purpose:

Systematically assess each solution to identify the best fit based on criteria relevant to the organization.

What to Do:

- Look at each idea and ask:
 - Is it realistic?
 - Is it fast or long-term?
 - What resources do I need?
- Choose the **best or easiest** one to start with.

Actions:

1. **Establish evaluation criteria**, such as:
 - Cost
 - Time to implement
 - Feasibility
 - Return on investment (ROI)
 - Risk exposure
 - Strategic alignment
 - Environmental/social impact
2. **Apply decision-making tools:**
 - **Decision Matrix (Weighted Scoring Model):** Rate options across multiple criteria.
 - **Cost-Benefit Analysis:** Compare benefits (monetary and intangible) to costs.
 - **Risk Analysis:** Identify and assess probability and impact of potential risks.
3. **Use scenario analysis** to evaluate best-case, worst-case, and most likely outcomes.

Tips:

- Eliminate non-viable options early.
- Involve key decision-makers and stakeholders in the scoring or ranking process.

Not all solutions are equal. Selecting the best ideas requires evaluation and prioritization.

Methods:

- **Weighted Scoring:** Assign scores based on criteria like feasibility, cost, and impact.
- **Eisenhower Matrix:** Categorize solutions into urgent, not urgent, important, and not important.
- **Cost-Benefit Analysis:** Compare the costs and benefits of each solution to identify the most viable option.

Practical Application:

For a community project addressing water shortages, weighted scoring helped determine that rainwater harvesting was the most impactful and cost-effective solution.

Additional Technique: Decision Trees

Use decision trees to map possible outcomes of different solutions. Each branch represents an alternative, allowing stakeholders to visualize potential consequences.

Step 9: Make Decision

Purpose:

Commit to the best solution and ensure clarity on why it was chosen.

Actions:

1. **Review analysis and stakeholder input.**
2. **Decide individually or by group** depending on structure and impact.
 - Consensus: All agree
 - Majority: Democratic vote
 - Executive Decision: One person decides
3. **Communicate the decision clearly:**
 - State the chosen solution.
 - Explain the rationale and how it meets criteria.
4. **Obtain necessary approvals or authorization** if required.

Tips:

- Document the decision-making process.
- Be decisive but flexible if new information arises.

Step 10: Develop and Implement an Action Plan

Purpose:

Translate the decision into clear actions, assign ownership, and mobilize resources.

Actions:

1. **Define key milestones, tasks, and deliverables.**
2. **Assign responsibilities and deadlines.**
3. **Determine resource needs** (people, budget, tools).
4. **Create a project plan or roadmap.**
 - Use Gantt charts, Kanban boards, or workflow tools (Trello, Asana, MS Project).
5. **Establish communication plan:**
 - Who needs to be informed? How often? Through what channels?
6. **Train or prepare the team** as needed.
7. **Prepare risk mitigation and contingency plans.**

Tips:

- Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).
- Ensure early wins to build momentum.

Step 11: Study OFF The Mat

Study Strategically Off the Mat

Objective: Learn like a tactician, not just a technician.

- Watch instructional for **concepts**, not just techniques. **Watch with Purpose:** Pause, replay, note reactions.
- Focus on “**why it works**”, not just “**how to do it.**”
- **Understand Goals, Not Steps:** Techniques are tools; goals are the reasons for those tools.
- **Match Study vs. Technique Study:** Watch both styles. Observe *what decisions* top athletes make.
- Study specific opponents’ styles.
- Take notes like a detective—track cause/effect, leverage points, timing windows.

Tools & Drills:

- **BJJ Notebook Sections:**
 - Concepts (e.g., posture, kuzushi)
 - Decision Points
 - Technique Breakdowns
- **Instructional Study Framework:**
 1. What is the position?
 2. What is the opponent trying to do?
 3. What key principles make this work?

Socratic Questions for Study:

- “What is the purpose of this grip/angle?”
- What makes this escape reliable?”
- “How does this concept apply across other positions?”
- “What would happen if the opponent did X instead?”
- “Why is this timing critical?”

Ask Questions Like:

- Create Concepts On Word Document
- Read Concepts and try understand the strategic Importance.
- Data dashboards
- Create Flowcharts or process maps

Tips:

- Avoid data overload—focus on relevance and decision-useful information.
- Challenge assumptions and biases during analysis.

Step 12: Structure Training

- 1. Review Every Friday, Saturday and Sunday, What Training Would I do For Each Day?**
- 2. Every Week Do Over the Problem solving and decision making review and Analysis**
- 3. Try one technique for a week/month and go for it consequently no matter how many times you will tap out.**
- 4. Planning: - Plan this on Saturday or Sunday every week.**
 - I. What To Train in JiuJitsu? Choose one**
 - A. Think, what Fundamental techniques do I want to train for the next Week? Develop best Fundamentals.
 - B. What Techniques Do I want to Train for the next week?
 - C. What Position Do I want to Train for next week?
 - D. What Defense Do I want to Train For next week?
 - E. What Passing Guard Do I want to Train For Next week?
 - F. What Sweeps Move Do I want to Train For next week?
 - G. What Takedown Do I want to Train for Next Week?
 - H. What Throws Do I want to Train for Next Week?
 - I. What Pin Do I want to Train for Next Week?
 - J. What Foot Sweep do I want to Train Next Week?
 - K. What Submission Do I want to Train Next week?

II. What To Train for Strength: Choose One or Two

- A. What to Train for Strengthening My Arms?
- B. What to Train for strengthening My legs?
- C. What to Train for strengthening My Back?
- D. What to Train for strengthening My Feet?
- E. What to Train for strengthening My Chest?
- F. What to Train for strengthening My Shoulders?
- G. What to Train for strengthening My Back?
- H. What to Train for strengthening My Neck
- I. What to Train for strengthening My Knees?
- J. What to Train for strengthening My Ankles?

III. What To Train for Stamina and Endurance? Choose one or Two

- A. Intensive warm up
- B. Rolls
- C. Jiujitsu training in class
- D. Walk
- E. Aerobics
- F. Plyometrics
- G. Run
- H. Jog
- I. Hike
- J. Interval training like: walk, the run
- K. Use 80/20 Running

IV. What to train for Flexibility and Stretching? Choose one or Two

- A.** Listen or Read
- B. Review

V. What BJJ Concept Do I want To Learn, Review, Analyze and Think? Choose 1-10

- A. Listen or Read
- B. Review
- C. Learn
- D. Analyze
- E. Think and Ask Question
 - Am I having conceptual approach to Brazilian JiuJitsu?
 - Try to understand Conceptual approach to JiuJitsu should be over Technique
 - How can I take this Concept and Apply to my training?
 - Out of this Concept, what is the most appropriate Technique to the situation?
- F. Go over
- G. Apply methodology
- H. Apply to the training, Sparring and Competition

VI. What Systematics Do I want to Learn, Review, Analyze, Think and Apply

- A. Listen or Read
- B. Review
- C. Learn
- D. Analyze
- E. Think and Ask Question
 - Am I having Systematic approach to Brazilian JiuJitsu?
 - Try to understand Systematic approach to JiuJitsu
 - How can I take this System and Apply to my training?
 - Out of this System what is the most appropriate Technique to the situation?
- F. Go over
- G. Apply System Methodically (Slow approach).
- H. Apply to the training, Sparring and Competition

Step 13: Prepare Before Training

A. Study Brazilian JiuJitsu Concepts and Understand The Reason, Why does this work. As WHO, WHAT, WHEN, WHERE WHY AND How.

B. MASTER THE BJJ DECISION TREE

Why It Matters:

Every position is a fork in the road. The more you understand those forks, the less you rely on instinct and the more on *strategy*.

Core Ideas:

- **Positional Hierarchy:** Guard > Sweep > Pass > Control > Submit
- **Attack Trees:** From mount → armbar OR cross collar choke → opponent defends → back take.
- **Defensive Branches:** From bottom side control → recover guard OR frame and sit up OR deep half entry.

Tools & Drills:

- **Mind Map Exercise:** Draw a flowchart of your game. Example: Closed guard → cross collar grip → hip bump sweep OR triangle.
- **Decision Point Freeze Drill:** During sparring, have a coach say “freeze” and ask:
“What are your 3 best options here?”
“What’s your opponent’s likely goal?”

Socratic Questions for Decision Making:

- “What is the decision I’m making in this position?”
- “What option gives me the most leverage with least risk?”
- “What does my opponent want me to do—and why?”

C. BUILD YOUR PERSONAL GAME PLAN

Why It Matters:

Random tactics don't win. Systems do. Know your A-game, and refine it as a system.

Define:

- Preferred guard (e.g., De La Riva)
- Choose **one theme or position per session**.
- Example: "Today I will enter closed guard in every round."
- Accept short-term failure to develop long-term understanding
- Go-to sweep
- Guard pass
- Control system
- Submission chain

Core Ideas:

- Build a **positionally connected system**.
- Focus on positions you like and troubleshoot every counter.
- Develop 2-3 "A-game" paths with backups.

Tools & Drills:

- **Game Plan Map:**
 - Example: Guard: Collar sleeve → scissor sweep → mount → cross collar choke
 - OR → triangle → armbar
- **Sparring Filters:**
 - Start each round from your preferred guard.
 - Only finish with your top 3 submissions.

Socratic Questions for Game Planning:

- “What technique do I consistently land?”
- “Where do I often get stuck or lost?”
- “How does each piece of my game connect?”
- “Does this position fit into my style and strengths?”
- “What’s the first layer of resistance I usually face?”
- “How can I make my game less reactive?”

Action Plan:

- Build position-based flowcharts.
- Log 1 intention before training.
- Measure whether you executed on it, not whether you “won.”
- Study your game from start to finish (guard → sweep → pass → submission).

D. Goal: Use live rolling as a lab, not just a performance

Experimental Rolling Examples:

- “I will only use shoulder pressure today to pass.”
- “Can I off-balance with collar-sleeve before every triangle?”
- “If I start every roll from turtle, can I regain guard consistently?”

Process:

1. **Set Hypothesis:** “If I fake a pass left, I can hit a knee cut right.”
2. **Test:** Try it in multiple rounds.
3. **Analyze:** What worked, what didn’t, and why?

Track These:

- What problem were you solving?
- What was your assumption?
- What did you learn about reactions?

Steps:

- Choose 1-2 options per position.
- Build out counters and contingencies.
- Refine what works against different body types.

Questions to Fine-Tune Your Game:

- “Is this technique effective against bigger, stronger partners?”
- “Can I hit this on resisting black belts?”
- “Does this flow naturally from my preferred guard?”

E. Develop a Personal Game Plan before Roll

- **Write what I want to Achieve During All the Rolls**
- **Write Prediction of the response to my Move**
- Make a game plan before each sparring session for what you want to do as well as what you want to avoid.



Step 14: Question to Ask Before The Round

Ask Yourself:

- “What is the goal of this round?”
- What is the hypothesis I want To Test?
- “How can I test a hypothesis about this position?”

Step 15: Questions To Ask While Rolling

Why It Matters:

The more questions you ask *in the moment*, the more calm, aware, and adaptive you become.

Core Ideas:

- **Pause & Think:** Even a split second of questioning can prevent panic.
- **Ask What, Who, When, Where, Why, How, not just React.**
- **Live Awareness:** “This grip is dangerous. Why? What is it setting up?”

Tools & Drills:

- **Silent Socratic Round:** Roll slowly and ask yourself internal questions every 5 seconds.
- **Partner Narration Drill:** You roll and your partner (or you afterward) narrates what questions should’ve been asked.

Example Use Socratic Questioning While Rolling

Objective: Prompt your mind to analyze and anticipate, rather than react.

Use **Socratic-style questions** to trigger self-inquiry mid-roll:

Ask The Following Questions:

- **What?**
- **Who?**
- **When?**
- **Where?**
- **Why?**
- **How?**

General Questions:

- What happens if I prioritize controlling the far hip first?"
- "Can I attack only one submission this round from different entries?"
- "What happens if I deliberately give them a false opening?"
- What are the available options?
- What are the opponent's counters?
- What's my best path forward?
- "What are my 2 best options from here?"
- "What does the opponent need to do to beat this position?"
- "Am I reacting or choosing intentionally?"
- What's my opponent trying to achieve from this position?
- "What are the underlying principles I'm missing?"
- "Where is my weight or structure off here?"
- "Why did this option fail even though I followed the steps?"
- What is the problem currently I am facing?
- What Brazilian JiuJitsu Concept or concepts are the best applicable to the situation?
- What is the best system approach to this situation? Apply the system slowly and methodically step by step

- What is the best mental model applicable to the current situation?
- What is the best technique based on the Brazilian JiuJitsu concept is the best applicable in the situation such as?
 - I. Fundamentals
 - II. Position
 - III. Defense
 - IV. Pass guard
 - V. Sweeps
 - VI. Foot Sweeps
 - VII. Pins
 - VIII. Throws
 - IX. Takedown
 - X. Submissions

Scenario	Questions
Bottom Mount	"Where is my escape window?" "What hand is trapping my elbow?"
Guard Pass	"What angle breaks their frame?" "Am I pressuring or floating?" What is the structure of their defence?" "What is unprotected?" What is their strongest frame? What structure is weak?
Back Defence	"Where is the threat—choke or hook retention?"
Entering Submission	"What base am I sacrificing to commit?" What base am I compromising?" "What reactions can I bait?"
Being Stuck	"Why am I stuck here?" "What's stopping me from escaping?"
Defending Submission	"What is the fulcrum of their attack?" "What do they need to finish?"
General Strategy	"What do I know about this opponent's tendencies?" "What control can I establish first?"

 **Mental Tip:** Ask yourself silently in the heat of rolling, "What problem am I solving right now?" This turns reactive movement into intentional action.

Step 16: Questions To Ask After Roll

Why It Matters:

Review is where lessons get encoded into your brain.

Core Ideas:

- **Break down 1 problem per session**
- **Don't just recall moves—reconstruct decisions**
- **Look for repeating failures or openings**

Tools & Drills:

- **Post-Roll Voice Note:** 2 minutes max. “Here’s what worked, failed, and what I learned.”
- **Failure Tree:** For any submission or positional loss, diagram how you got there.
- **Rolling Replay:** Mentally rewind one roll at 0.5x speed. Ask: “What could I have done at each junction?”

A. Post-Roll Debrief (journal or mental review):

Objective: Reflect deeply and improve iteratively.

Socratic Questions for Post-Roll:

- “Where did the first mistake occur?”
- “What assumptions did I make that were wrong?”
- “What principle did I ignore (e.g., posture, frames, base)?”
- **What was my goal for the round?**
- **What problems did I encounter?**
- **What decisions did I make?**
- **What patterns did I notice in my opponent?**
- **What could I have done differently?**
- **What new question does this roll raise?**
- **What adjustment might work better next time?**
- **What principle did I learn today?**
- **What specific question do I need to solve next?**
- What decision led to this failure?”
- “What was the chain of events that got me submitted?”
- “What feeling made me rush or hesitate?”

I ask specific questions to the people who I rolled:

- Did you feel pressure when I was in side control?
- How hard was it for you to defend omoplata sweep?
- What do you think I can do to improve in my guard passing?

B. Ask Better Questions to Coaches & Training Partners

Objective: Unlock deeper understanding by asking better, not more, questions.

Avoid:

✗ “What should I do here?”

Ask:

✓ “What’s my opponent trying to achieve from this position?”

✓ “What are the underlying principles I’m missing?”

✓ “Where is my weight or structure off here?”

✓ “Why did this option fail even though I followed the steps?”

Weak Question:

- “How do I escape side control?”

Strong Questions:

- “How do I disrupt the underhook and crossface early from side control?”
- “What key element allows me to build frames even when flattened?”

Coach-Directed Inquiries:

- “What’s the critical mistake you see people make in this position?”
- “Can you explain the logic behind choosing this grip sequence?”
- “When would I NOT use this technique?”

 Goal: Build the habit of mental refinement through questioning

Use the following **daily prompts** to keep sharpening your mind:

Prompt	Example Answer
What problem did I solve today?	"Learned to maintain mount without grapevines."
What problem remains?	"Still struggling with bottom half guard under pressure."
What question do I need answered next?	"How can I create space to insert knee shield earlier?"
What principle did I violate?	"I crossed my feet during back control, gave up the escape."
What did I learn about myself?	"I freeze when I don't know my next two moves."

Step 17: Monitor, Evaluate, and Adjust

Why It Matters:

Review is where lessons get encoded into your brain.

Core Ideas:

- **Break down 1 problem per session**
- **Don't just recall moves—reconstruct decisions**
- **Look for repeating failures or openings**

Tools & Drills:

- **Post-Roll Voice Note:** 2 minutes max. “Here’s what worked, failed, and what I learned.”
- **Failure Tree:** For any submission or positional loss, diagram how you got there.
- **Rolling Replay:** Mentally rewind one roll at 0.5x speed. Ask: “What could I have done at each junction?”

Socratic Questions for Post-Roll:

- “Where did the first mistake occur?”
- “What assumptions did I make that were wrong?”
- “What principle did I ignore (e.g., posture, frames, base)?”

Purpose:

Ensure execution stays on track and make real-time adjustments as needed.

Keep a log of:

-  What was I testing?
-  What were the results?
-  What needs adjustment?

Continual Socratic Self-Coaching

Build a **self-coaching habit** using Socratic prompts daily:

Prompt	Example
What problem did I solve today?	"I found a new way to free my knee in half guard."
What problem remains?	"I still get my back taken from turtle under pressure."
What hypothesis can I test tomorrow?	"If I control the near wrist early, I can prevent back exposure."

Actions:

1. **Track key performance indicators (KPIs).**
2. **Monitor progress vs. milestones.**
3. **Hold regular check-ins or status meetings.**
4. **Review**
5. **Analyse**
6. **Conduct a Post-Mortem or After-Action Review:**
 - What went well?
 - What didn't?
 - What would we do differently?
 - Did I accomplish what I intended? Why? Why not?
 - Are there lessons I learned?
 - What decision led to this failure?"
 - "What was the chain of events that got me submitted?"
 - "What feeling made me rush or hesitate?"
7. **Root Cause**
8. **Capture lessons learned** in a shared document.
9. **Where to Improve**
 - How to do better, what I did Good?
 - How to do better, what I did Bad?
10. **Think of Steps needs to be Taken To Improve**
11. **Do I have question regarding particular step in technique**
12. **Update processes, training, or systems** based on findings.
13. **Recognize contributions and celebrate success.**
14. **Apply learnings to future decisions and problems.**
15. **Use dashboards, reports, and feedback loops.**
16. **Identify obstacles early** and adapt the plan if necessary.
17. **Solicit stakeholder feedback** continuously.

Tools:

- Balanced Scorecard
- KPI dashboards
- Feedback surveys
- Progress reports

Tips:

- Stay proactive—don't wait for failures to intervene.
- Be willing to revise the strategy based on real-world results.
- Don't skip this step — reflection builds organizational wisdom.
- Create a culture of continuous learning.